

What Makes The Colleges Students Sad? : An Exploration Study

Trida Cynthia, Anita Zulkaida

University of Gunadarma

Feelings of sadness is one type of emotion in which people often do not feel like it because it makes them feel not considered prosperous. However, by knowing what factors make a sad, of course, will be able to help someone to understand the source of sadness, which will make it easier to focus in dealing with sad. This is important for students, where the more complex issues that they must be faced, it will make them more often to feel sad. Skills to understand the source of sadness so it can focus in managing grief, is expected to further increase well being. The purpose of this study was to determine (explore) the factors that make students feel sad. Participants were 168 students who fill the open questions about what makes them feel sad. From the answers the participants then performed the categorization and descriptive analysis. The results showed that five sources of most makes participants feel sad that (1) In connection with parents, among others, because it cannot spend much time with parents, thinking about what their parents have been done for them, feel disappointed and have not made their parents proud, a lack relationships between their parent (2) loss, which is due to the death of someone close and dear, broken up with girlfriend or boyfriend, lost and become a way with friends (3) negative attitudes on the self, among others, less confident, self blame, feeling unfairly treated (4) feel like a failure in life and (5) the issue about their study, among others' the values go down and not appropriate with their target achievement.

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